

DIET AND HEALTH.

By DR. LULU HUNT PETERS

The leading writer of the day on medical subjects. She is the leading authority on diet and health in the country having been chairman of health work in California under the auspices of the Federation of Women's Clubs. Here articles appear exclusively in the Bridgeport Times.

TWO-THIRD SHUNK

You have been on a liquid diet for two days now. You have had skim milk or buttermilk or fruit juice or any other liquid not totaling more than 100 C. a glass, six glasses during the day. If you have not been able to get fresh milk, perhaps you got the skim milk or the whole milk powder, or perhaps canned milk, and you have made it up according to directions on the can.

Fresh milk is 20 C. to the ounce, skim or buttermilk is half or 10 C. (because there is no fat in them), and fruit juice is about 15 C. to the ounce.

How do you feel—it's not so terrible is it? Wait until you get on the scale after the third day!

You will lose from five to ten pounds after three days of a liquid diet which does not total over 500 to 600 C. a day. A great loss to sustain, but I don't see you offering any reward for the return!

Remember what I told you about weighing on the same scales, in the same weight clothes, and at the same time in relation to eating and elimination.

While we are on the question of elimination, let me tell you that you may be constipated. Don't worry about it. There's too much worry anyway about constipation. You may take an enema, or some mild cathartic if you feel happier. We will discuss constipation later.

The elimination of the water from your system—a lot that was retained before to dilute the poisons in the tissue, fluids and blood as the result of too much food, plus the liquid you are taking for drinking, plus the free water drinking—all this liquid eliminated, will be a plenty. Don't worry about it. Just keep within running distance of a comfort station.

Some of my devotees have thought they were having kidney trouble because of this very free elimination. But that is not a symptom of kidney

disease anyway, and certainly not when one is on a liquid diet.

One more day of the shrinking stomach-low-calorie-liquid-diet period, then for some of the most delicious food you have ever tasted.

Please fill out the following form blank and send it in. We will never use your name without your consent. We want this information only for scientific data compilation, and it will help you to keep your resolutions to reduce and thus improve your health, efficiency and happiness. AND LOOKS.

Name Date

Address: Street State

City State

Weight at beginning of class

Height (by rule given)

Normal weight (by rule given)

Age (approx.)

How long overfat?

Symmetrical fat?

If not, where latest?

Occupation

Exercise

How much sleep, and how

Mark the foods you are especially fond of

Bread and Butter

Pastries candy fruit

cream gravies potatoes

meat vegetables nuts

Do you consider yourself a light eater

Put down your average (be honest):

Breakfast

Lunch

Dinner

Between meals (Be honest):

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IF YOU'D LEAD IN SPORTS, WEAR THIS CAPE SUIT



The cape suit or dress promises to rival even the tailored tweed suit this season, and to the miss who would lead in sports this season, it gives her just the wanted opportunity. Frelaine makes this outfit. Jersey green is the color. The slim line frock boasts pockets and a low belt, and the edges of both frock and cape are bound in lasquered ribbon.

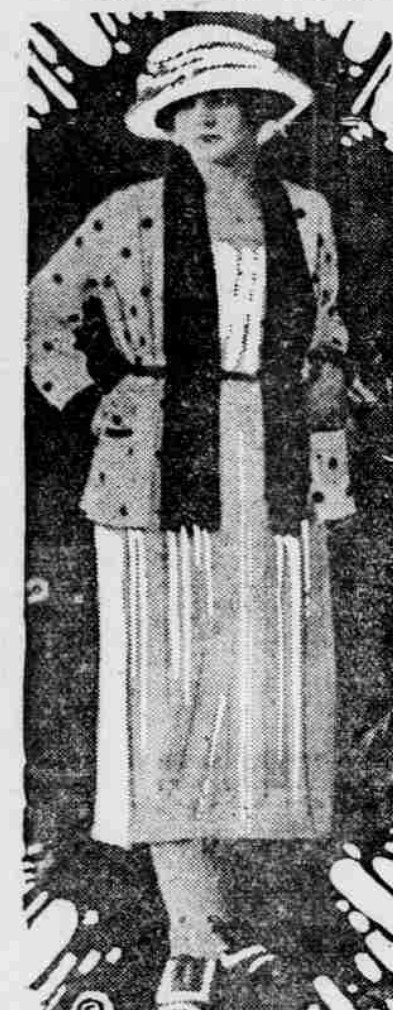
THIS SUIT MAY START ANOTHER RUSH FOR COAST



Miss Phyllis May in her 1922 model bathing suit.

"It'll be safe to get this suit wet," the manufacturers told Miss Phyllis May. It's the new 1922 model for California beaches. This year's beach apparel will combine practicability with appearance and it won't mean ruin if the suits should happen to get wet. Last season many suits were designed for beach wear only.

COIN DOT IS NEW IN SWEATER WORLD



Just when one thinks the sweater has offered every possible variation it is capable of a designer brings forth this model of white silk with huge coin dots of black and a black tuxedo collar, cuffs and belt.

BEAUTY CHATS

THE USEFUL CREAM JAR

Cold cream should be used but not over-used. The woman with an oily skin needs astringents rather than cold cream, but if she has blackheads, which are common to greasy skins, she should use a cleaning cream before she washes her face, but then get it all out with soap and hot water.

Few women seem to know the very best way of using cold cream. It is primarily a cleansing agent, the expensive creams on the market have only one virtue, that of being cleansing. Creams to eliminate wrinkles or nourish the skin are made of different and expensive ingredients.

A cream rubbed into the skin and allowed to stay on must attract dirt and dust, it cannot do otherwise. If it is covered with powder it forms a thick, sticky mass which clogs the pores and, in my opinion, does much more harm than good. Therefore, the best way to use cold cream is to rub it over the face, work it thoroughly into the skin with the finger tips and then wash it all out with soap and warm water. This will leave the skin cleaner than ordinary soap and water could make it, soft and fine looking and not dry as it might be from soap and water washing.

This treatment, like every other variety of face washing, should be followed by a cold astringent rinse to close the pores and further stimulate the skin.

If the skin is chapped, dry or wrinkled, a special cream made with vegetable oils should be used. This sort is most effective if used after the skin has been washed, preferably at bed time.

Sunshine:—As you are only ten pounds overweight you can lose this easily through your exercises in the gymnasium of the college you are attending. This will be preferable to attempting a diet while at school, which would be very inconvenient.

Inquisitive:—Agar agar is excellent for keeping the digestive tract clear. It is a Japanese seaweed sold in bulk form at all drug stores and is taken by sprinkling a table spoonful of it over the breakfast food. It is easily taken as it has no flavor. The action of the agar is to become a gelatinous mass that passes through the system clearing it but it has no purgative tendency. If the agar agar is not convenient to attain a fair substitute is bran. This can be taken in the same way or eaten with cream in the same way or eaten with cream as you would a breakfast food.

Tomorrow:—Imperfections Of Historic Beauties.

All inquiries addressed to Miss Forbes in care of the "Beauty Chats" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question.—The Editor.

THE GOLDEN GIRL

BY PHYLLIS PHILLIPS

THE CHANGING ILONA.

Once in the sanctuary of her room, Ilona drew a long sigh of relief. Her nerves were strangely a-quiver to-night. She felt infinitely depressed. "It must be because of being shut in the way I am now after the other life," she murmured to herself, as she threw herself on the low couch by the window. "These four walls seem to smother me 'specially at night. Oh how good it used to be to feel the cool air on one's face at night and be able to lie and count the stars in the sweet stillness. Seems as if they were what I miss most at night, the stars," she went on, looking dully round the room and noting the pomp and glory that were now hers.

Still the couch with its old-red satin covers and downy pillows was comfy. There was no denying that. Then she fell to wondering, if in time the very softness and ease of the life would get into her senses, under her skin, as it were, and bind her a prisoner to all of the luxury that was now hers? Maybe. One could never tell about these things and after all, with her old pals far away what was here for her to do, but to let her mind to face, and accept the present situation.

With a sudden burst of energy Ilona drew herself up from the couch, and walked over to the dressing table, a gleam with its costly burden. She never failed to wonder at the many exquisite silver and crystal toilet accessories that her mother had

deemed it imperative she have. "When all I need is a comb and a toothbrush really, mother," Ilona had assured her, as she watched Mrs. Cameron piling up silver bauble after silver bauble. "Why I don't even know what to use with these lovely looking things for," she protested. "And as for those creams and powders, why mother, I've never used anything but brook water on my face in all my life." This, as she saw her mother ordering various jars of lotion and French face powders, "Well, it's high time that you began to, my dear, that's all," answered Mrs. Cameron, firmly proceeding with her list.

Little did she know that many of the bottles and boxes of beautifiers had been neatly piled behind a book case in her daughter's room. Of one thing Ilona was certain she was not going to take to creams and cosmetics for any one in the world, never!

Now, with an innermost loss of her tawney head, unconsciously learned from Truda, she sat down before the mirror and fell to studying her face, closely.

(To Be Continued.)

HOUSEHOLD HINTS

BY MRS. MORTON

MENU HINTS

Breakfast.

Goldenrod Eggs. Toast.

Oatmeal with Dates.

Salmon Salad. Parkerhouse Rolls.

Nut Cake. Tea.

Bouillon.

Baked Pork Tenderloin.

Apple Sauce. Baked Potatoes.

Creamed Carrots and Peas.

Lemon Cake Pie.

TODAY'S RECIPES

Goldenrod Eggs—Six hard boiled

eggs, white sauce. Boil the eggs

hard, separate yolks from whites.

Prepare a white sauce and put the

chopped egg whites into it. Pour

over squares of buttered toast and

put pulverized yolks on top.

Salmon Salad—One can salmon,

one bunch celery, six cold boiled

potatoes, ten chopped English wal-

nuts, one lemon (juice), salad dress-

ing. Free the salmon of all skin and

bones, flake lightly. Chop the pota-

toes, also celery; mix all and add the

lemon juice. Mix with salad dress-

ing, garnish top with chopped nuts

and serve on lettuce.

Nut Cake—One and one-half cups

sugar, one-half cup butter, three

eggs, one-half cup milk, one tea-

spoon vanilla flavoring, two cups

four, two teaspoons baking powder,

one-half teaspoon salt, one cup nut

meats.

Baked Pork Tenderloin—Cut whole

pork tenderloin lengthwise about an

inch deep and fill with poultry

dressing, bake with tomato juice

seasoned with onions and ap inch of

cloves. Strips of bacon laid across

the top add to the flavor.

Lemon Cake Pie—One cup sugar,

two tablespoons four, yolks of two

eggs, butter size of a walnut, salt,

juice of one lemon, grated rind of

one orange and lemon, one cup of

milk added gradually. Beat thor-

oughly, then fold in the beaten

whites of the eggs. Put in unbaked

crust and bake.

SUGGESTIONS

To Clarify Soups—Soup can be

made perfectly clear by taking the

jellied stock from which the grease

has been removed, and stirring into

it, while cold, the slightly beaten

white and crushed shell of one egg

to each quart of stock. Put on stove

stir constantly until it boils, and boil

violently for five minutes; throw in

a half cupful of cold water, let stand

five minutes in warm place; let drain

through fine cloth without pressing.

Four tablespoons equal half a

gill, or one-quarter cup.

Eight tablespoons equal one gill,

or half a cup.

Two gills equal one coffee cupful.

Two coffee cupfuls equal one pint.

Two pints equal one quart.

Two quarts equal one gallon.

Four quarts equal one gallon.

Two tablespoons equal one ounce.

One tablespoon salt equals one

ounce.

One tablespoonful of soft butter,

well rounded, equals one ounce.

An ordinary tumbler equals one

coffee cupful, or half a pint.

About twenty-five drops of any

thin liquid will fill a common-sized

teaspoon.

Grated raw potato is a splendid

cleanser of stained and dirty car-

pets. Rub it over the surface, then

finish off with a warm, damp cloth.

A newspaper rolled tightly and

tied in the middle with a string

makes a handy hanger for wash

dresses, etc., on ironing day.

Unpublished Picture of General Grant's Mother



Here is a hitherto unpublished photograph of Mrs. Jesse Grant, nee Hanna Simpson, mother of former President U. S. Grant. The picture was made in Cincinnati during the late 'sixties.' The original will be seen at the Grant Centennial celebration to be held at Point Pleasant, Ohio, April 27. President Harding will be the principal speaker at the celebration.

BREAKING IN A NEW PAN.

A new enameled pan should be put into cold water and placed on the stove until the water boils. Let the pan cool in the water to toughen the enamel.

BREAD BOXES VS. RUST.

Tin bread boxes are prevented from rusting by pasting pieces of oilcloth on the sides of the container.

HEART AND HOME PROBLEMS

BY MRS. ELIZABETH THOMPSON

Dear Mrs. Thompson I am seventeen years old and a sophomore in high school. I have been going with a young man who is two years older than I, but we do not keep steady company. He is considered good-looking and is as nice a boy as you would want to meet.

My mother does not care for this boy and does not like to have me go with him. Please advise me what to do for I like him very much and know he likes me also. Should I try to forget him and not keep company with him?

I am also considered good-looking and I have many boy friends but do not care for any of them as well as this one, except one and I don't think he cares much for me. My mother cares for this boy, but I do not care as much for him as I do the first one mentioned.

Should I tell the boy that my mother does not care for him and objects to my going with him? Please tell me what to do for I can hardly give him up.

HEARTSICK BETTY.

Perhaps you can persuade your mother to let you go with a boy. If not, however, when he asks to take you places, tell him your mother will not let you go, and if he asks to call at your home say that your mother does not wish it. I would scarcely advise you to tell him your mother does not like him, because it would hurt his feelings.

Dear Mrs. Thompson: Will you kindly put a remedy in your column to enlarge legs and arms as my legs and arms are very small for my size. I cannot swim.

MRS. D. O. T.

The treatment essential to the improvement of her arms is bandaging them at night. This process takes only a few minutes and the results after a time will be most gratifying. It is best done by seeking some soft

old linen in either sweet almond or olive oil. It is well to have the wrappings about four inches wide. These are placed firmly about the arms, but not so tight as to stop circulation. It is